

# The 1-2-3s and ABCs of STAYING HEALTHY THIS SEASON



1. ALWAYS cover your cough!  
(use the back of your elbow or  
upper sleeve NOT your hand)

2. BE sure to wash your hands  
often, especially after coughing  
or sneezing! (wash with soap  
and warm water for 20 seconds  
or use an alcohol-based hand  
sanitizer\*)



3. CUT the spread of germs  
by staying home when you  
are sick!

The latest information about flu and how to protect yourself  
and the children in your care can be found at

[www.flu.gov](http://www.flu.gov)

\*keep alcohol-based hand sanitizers out of the reach of children,  
and use only with adult supervision.

